

# Y GYMNASTICS™

We build strong kids, strong families, strong communities.



**Grand Traverse Bay YMCA**  
**1100 Woodmere**  
**Traverse City, MI 49686**

*This is not a TCAPS program*

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet once a week for 6 weeks (except Advanced 2 Flyers which meets twice each week), beginning **the week of June 22 and ending the week of July 27, 2009**. PreTeam and Team classes are ongoing with monthly payment plan. Some classes require coach recommendation for enrollment. Phone Y Gymnastics at 929-2869 for more info, or visit [www.gtbayymca.org](http://www.gtbayymca.org).

## **Boys & Girls ages 1 - 3 (w/parent)**

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 9:00 am \_\_\_ Wed 9:30 am  
 \_\_\_ Thurs 10:00 am \_\_\_ Fri 10:00 am  
*(all classes 45 minutes)*

## **Boys & Girls ages 3 - 4**

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 9:00 am \_\_\_ Wed 9:30 am  
 \_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Thurs 10:00 am \_\_\_ Thurs 6:30  
 \_\_\_ Fri 10:00 am *(all classes 45 minutes)*

## **Boys & Girls ages 5 - 6**

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 9:00 am \_\_\_ Wed 9:30 am  
 \_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Thurs 10:00 am \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri 10:00 am *(all classes 45 minutes)*

## **Boys Only ages 7 & up Rollers**

Y Members: \$30 non-Members: \$54  
 \_\_\_ Wed 6:00 pm *(all classes 55 minutes)*

## **Beginner Girls ages 5 & up Rollers**

Y Members: \$30 non-Members: \$54  
 \_\_\_ Mon 9:00 am \_\_\_ Mon 5:00 pm  
 \_\_\_ Tue 10:00 am \_\_\_ Tue 5:30 pm  
 \_\_\_ Wed 9:30 am \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri 9:00 am *(all classes 55 minutes)*

## **PARENTS PLEASE NOTE:**

**Y Gymnastics is a progressive program.**  
**To assure the best and safest coaching**  
**for your child and other children, class**  
**placement by our coaches is necessary.**

## **Intermediate Girls ages 5 & up**

### **Swingers**

Y Members: \$30 non-Members: \$54  
**(coach recommendation required)**  
 \_\_\_ Mon 10:00 am \_\_\_ Mon 6:00 pm  
 \_\_\_ Tue 9:00 am \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 9:30 am \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri 9:00 am *(all classes 55 minutes)*



## **Advanced 1 Kippers**

Y Members: \$46 non-Members: \$70  
**(coach recommendation required)**  
 \_\_\_ Mon 5:30 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Wed 9:30 am \_\_\_ Thurs 5:30 pm  
*(all classes 2 hours)*

## **Advanced 2 Flyers**

Y Members: \$76 non-Members: \$100  
**(coach recommendation required)**  
*choose any two times*  
 \_\_\_ Mon 5:30 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Wed 9:30 am \_\_\_ Thurs 5:30 pm  
*(all classes 2 hours)*

## **Pre-Team Levels 1-3 (4 hrs) Flippers**

Y Members: \$66/mo non-Members: \$80/mo  
 \_\_\_ Tues & Thurs 9:00 am - 11:00 am

## **Pre-Team Levels 4 (6 hrs) Twisters**

Y Members: \$84/mo non-Members: \$98/mo  
 \_\_\_ Tues & Thurs 9:00 am - Noon

## **Pre-Team Levels 4-5 (9 hrs) Twisters**

Y Members: \$98/mo non-Members: \$112/mo  
 \_\_\_ Mon, Tues, Thurs 9:00 am - Noon

## **Team Level 5 (12 hr)**

Y Members: \$120/mo non-Members: \$134/mo  
 \_\_\_ Mon, Tues, Thurs 9:00 am - 1:00 pm

## **Team Levels 5-6 (16 hr)**

Y Members: \$164/mo non-Members: \$178/mo  
 \_\_\_ Mon - Thurs 9:00 am - 1:00 pm

## **Team Levels 8-10 (20 hr)**

Y Members: \$210/mo non-Members: \$224/mo  
 \_\_\_ Mon - Thurs 9:00 am - 2:00 pm

## **PRIVATE LESSONS** **AVAILABLE**

**Y Members: \$36/hr Non-Members: \$42/hr**

## **BIRTHDAY PARTY RENTALS** **AVAILABLE**

**Please call Betsy at 929-2869 for info!**

Name \_\_\_\_\_ Male/Female Address \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mother's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Current Y Member?: Yes/No

Father's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Member Exp Date \_\_\_\_\_

**Liability Release, Sportsmanship Pledge, and Understanding of Mission:** I hereby assume all risks incidental to the above person's participation and waive, release, absolve, indemnify, and agree to hold blameless the Grand Traverse Bay YMCA, its organizers, volunteers, sponsors, and other participants for any claim arising out of injury to said person during such participation. I give my permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, etc. associated with YMCA programs. PARENTS: Our staff is trained in child abuse prevention and all sign a code of conduct. Please report any suspicious activity immediately. I will at all times display the YMCA values of honesty, respect, caring, and responsibility and encourage all gymnasts and coaches in a positive manner. I understand the Y mission in offering this program: to build strong kids, strong families, and strong communities.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:

Date received \_\_\_\_\_ Received by \_\_\_\_\_ Amount received \_\_\_\_\_

Method of payment: cash check VISA/MC# \_\_\_\_\_ Expiration Date \_\_\_\_\_